



March 2022

Raider's Report

Paul Rowe Jr./Sr. High School Newsletter

Paul Rowe Prioritizes Student Wellness

The Four Dimensions of Wellness: Emotional, Physical, Social and Spiritual Wellness



Students enjoyed a surprise pancake breakfast using the banana pancake recipe from the new PRSD and ONE Nutrition initiative.

Learning for students today encompasses so much more than academics. In order to achieve their best, students need to be experiencing a state of wellness. Wellness is defined as being in a state of good health across four dimensions: emotional, physical, social and spiritual. At Paul Rowe we have activities, programs and supports in place to foster student wellness, and to help students be at their best to face the challenges of academics and life itself.

Collaborative response

Collaborative response is a school and division based approach to responding to how students are doing at school; focussing on literacy, numeracy, behaviour, attendance and their

social-emotional wellness. Teachers and EAs meet once a week to celebrate student success and build a plan to support students where there are challenges.

Youth Education Support Worker

Our youth education support worker, Vanessa Ristesund, works with each grade level in classrooms doing activities to support social-emotional and physical wellness. She also works with small groups of students in the same capacity. Vanessa also coordinates and helps facilitate programs like Healthy Youth Relationships, and does 10 to 15 minute check-ins with individual students.

Continued on page 4...

Also in this Issue:

- * **Save the Dates:**
 - Parent/Teacher Interviews
 - School Council Meeting
 - Graduation 2022

Upcoming Events:

March:

- * **10-11 No School for Students (Teachers' Convention)**
- * **15 Parent/Teacher Interviews (Paul Rowe & PRSD Virtual Education Program)**
- * **15 School Council**
- * **21-25 No School (Spring Break)**
- * **28 No School for Students (Staff Meeting/PD Day)**

April:

- * **1 Mail Out**

Parents and Guardians:

In Your Family's Mailout:

- * PRSD Virtual Education Program Parent/Teacher Interview Info.
- * AHS Healthy Teens Newsletter

Messages to Parents/Guardians:

*Parent/Teacher Interviews at Paul Rowe will be Tuesday, March 15 from 4:00-7:00 PM. Please call the school office at (780) 836-3397 to book your appointments. Parents of students who take classes through the PRSD Virtual Education Program should see the enclosed information sheet for instructions on how to book interviews with these teachers.

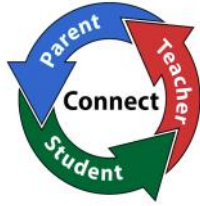
To view our monthly newsletter IN FULL COLOUR visit www.paulrowehigh.ca!

For Parents & Guardians: Save the Dates

Book Now for Parent/Teacher Interviews

Tuesday, March 15th
4:00– 7:00 PM

Meet with Paul Rowe teachers in-person or by phone. Please call the school office at (780) 836-3397 to book your appointments.



IMPORTANT: All appointments must be pre-booked—no drop ins.

**Parents of students taking classes through the PRSD Virtual Education Program can meet with teachers via phone or Google Meet between 4:30—7:30 PM. Please see the information sheet included with the mail out for instructions on how to book appointments.*

Parents and guardians who have questions or concerns are reminded that their child’s teachers can be contacted at any time throughout the year.

Virtual School Council Meeting

Tuesday, March 15
at 7:00 PM



Please call the school at (780) 836-3397 for details on how to join virtually!

Our school administration uses School Council meetings to consult with parents/guardians on a number of important topics that directly affect students’ experience within our school.

All parents/guardians are encouraged to attend and to provide input.

CLASS OF 2022 graduation ceremonies will be held Saturday, June 25th!

More details such as venue, number of guests, etc. will be shared at a later date.

View Student Marks & Attendance with PowerSchool



Browser Access

To access the portal through a browser go to <https://prsd.powerschool.com/public/> or click the link in the Parents >Parent/School Communication or Quick Links section of our school website.

Creating a Parent Account

To create a parent account click to the Create Account tab and follow the steps. Before adding a student to your account for viewing you will need the **Student Access ID and Access Password**. This is provided to you by the school.

Mobile App

The Powerschool Mobile app is available in both the [Android Google Play](#) and [iPhone App Store](#).

Note: When logging into the mobile app for the first time you will be asked for a 4 digit code. The PRSD District Code is: QHWZ.

PRSD Virtual Education Program Access

To view information related to PRSD Virtual Education Program courses log into your Paul Rowe PowerSchool account and click on the “HE” tab.

Technical Issues

If you are unable to log in please contact your school’s office.

February School Happenings



Athletics and arts came together as the senior high art class made curling rock rosters for each team that competed in the Junior and Senior Zones tournament which was hosted in Manning! Our Senior Boys team of Liam Collins, Carter Kamieniecki, Ethan Collins, Lucas Kamieniecki, and coach David Hyatt represented Paul Rowe and brought home silver medals. Way to go Raiders!



Today our diversity is becoming more apparent than ever, calling for greater acceptance, respect, and inclusion for everyone. On February 23 we celebrated Pink Shirt Day as a visible commitment to support healthy relationships, wellness, diversity, and a safe and caring learning environment for all.



The Art 10/20 class created a banner that was sent to Edmonton for an event meant to raise awareness about issues that are extremely important to our Indigenous communities as well as all Canadians. These issues included: Missing and Murdered Indigenous Women, Girls, Boys, and Two Spirit people, Every Child Matters, and Water for Life.



We are excited to welcome spectators to our sports events for the first time in over two years!



English 10-1 students played a matching game to practice their figurative language skills.

Continued from front page...

Social-Emotional Behavioural Consultant

Travis Mitten is our school division social-emotional behavioural consultant who visits our school weekly with Murphy (an emotional support animal). Together, Travis and Murphy work with students who have been referred for this type of counseling support.

Extra-curricular activities

There are many opportunities for students to participate in extracurricular activities spanning a broad range of interests, creating opportunities for students to connect socially, and enhance their physical and emotional wellness. Our groups include:

- leadership groups like, SCOER, SADD, Citizenship and Senior High Mentorship with junior high and elementary students
- a variety of school based athletic teams including: cross country running, golf, volleyball, basketball, curling, badminton, track and field, and archery
- Fine arts activities. Currently we are working on a production of “High School Musical One Act Edition” to be performed in June.
- clubs like our Manga Book Club provide students an opportunity to connect socially through books
- Raider’s Gear Store provides students who have a like interest in entrepreneurship and school spirit to connect socially
- our GSA provides a safe space for students to connect with allies and others in the GSA community.

Division Wellness Champions

Throughout the year, our Division Wellness team creates staff and student initiatives or challenges to promote the dimensions of wellness. One most recent example was the ONE Nutrition recipes and pancake breakfast.

Presentations

Presentations are a great way to bring together larger groups of students and experts to give support and information about various dimensions of wellness. Some of our most recent presentations include the “Headstrong” mental health conference, and presentations on vaping from the RCMP.

School based initiatives and activities

There are also many activities and initiatives that are embedded within our school day to support emotional, physical, and social wellness. These include:

- Food for Thought Breakfast Program
- Lunch Pantry
- Pet days
- Daily gym time for all grades
- Literacy and math based game times where students play board games in cross-grade groups

If you would like to know more about any of the supports or information in this article please do not hesitate to contact the school.

Afternoon Fun Planned for Friday, March 18!

Staff are planning a free BBQ lunch and an afternoon of fun activities for our students! *Some activities may be outdoors, so parents are asked to please remind students to bring outdoor clothing appropriate for the weather.*

Superintendent's Message: Kindergarten Registration



It's that time of year again and our Kindergarten teachers and principals are looking forward to welcoming new students to a bright new world of learning! Kindergarten registration for the 2022-2023 school year has opened and we are excited to welcome all our up-and-coming students to PRSD this fall. Registering your child in Kindergarten is extremely beneficial and prepares children for future success in their education and beyond.

We believe in play-based education delivered by kind, caring, and highly qualified staff. Your child will interact, imagine, experiment, and explore to add to their knowledge and learn new skills. Our educational staff know that every child is unique, and our teachers ensure that students are provided with specialized and targeted instruction to meet their individual needs.



We know our communities, and we understand how important it is to be involved in your child's Kindergarten education and that's why we value family involvement and encourage parent volunteers. This approach to our Kindergarten programs is what makes students so successful. In PRSD schools, there are many ways for parents to be involved and for the school and families to interact.

All PRSD Kindergarten classes and Early Learning programs offer specialized support for students with delays or special needs. The Early Learning Team supports children in their emotional, social, intellectual, and physical development through play-based environments.

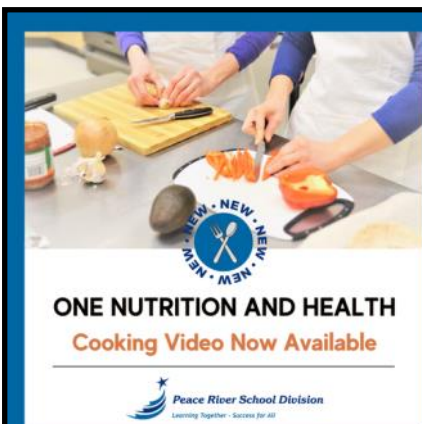
PRSD has specific program options and availability, so we encourage parents to reach out to their local elementary school and ask about their Kindergarten programming.



We look forward to teaching the next generation of students and offering them a high quality of education from the very beginning. Enrolling children in early learning programming provides a higher chance for future academic success and allows them to become more comfortable and confident within a classroom setting.

We are beyond excited to welcome more imaginative minds to our schools this fall!

*Adam Murray
Superintendent of Schools
Peace River School Division*



Brain Food Building Blocks Initiative with ONE Nutrition and Health

The Peace River School Division has teamed up with ONE Nutrition and Health to promote a new initiative called the Brain Food Building Blocks, which will educate students and parents alike about the connection between their brains and gut health.

The initiative is being launched in a series of cooking videos, which can be watched at <https://www.prsd.ab.ca/health-wellness>. PRSD is thrilled to offer this resource within the division and highly recommends that everyone watch the weekly videos and try out the recipes, as they are very family-friendly and delicious!



MARCH 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 *Study Café 3:30-4:30 PM	4 *Mail Out	5
6	7	8	9 *Jersey Day (SCOER Spirit Day)	10 *No School for Students (Teachers' Convention)	11 *No School for Students (Teachers' Convention)	12
13	14	15 *PARENT/TEACHER INTERVIEWS 4:00—7:00 PM *PRSD Virtual Education Program P/T Interviews 4:30-7:30 PM *VIRTUAL SCHOOL COUNCIL MEETING 7 PM	16	17 *Green Day (SCOER Spirit Day) *Study Café 3:30—4:30 PM	18 *Free BBQ Lunch & Afternoon Fun Day for Students	19
20	21 *No School (Spring Break)	22 *No School (Spring Break)	23 *No School (Spring Break)	24 *No School (Spring Break)	25 *No School (Spring Break)	26
27	28 *No School for Students (Staff Meeting/PD Day)	29	30 *Beach Day (SCOER Spirit Day)	31	APRIL: 1 Mail Out 15—18 No School (Good Friday/ Easter Monday) 22 Term 3 Report Cards Mailed	